

2019



DRILL BOOKLET



Brought to you by the National Field Hockey Coaches Association

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KEY

	= Run without ball		= Shoot
	= Dribble		= Goalkeeper clear
	= Pass		= Boundary

Thank you!

Thank you for being a member of the National Field Hockey Coaches Association!

Our organization and our sport thrive when coaches are engaged and committed — your membership this year shows that you believe in the mission of the NFHCA and the power of field hockey.

Thank you for everything you do to make a positive impact on the lives of young field hockey players.

How to use this booklet

The 2019 NFHCA Drill Booklet provides 14 exceptional drills covering a variety of topics that you can implement with your team.

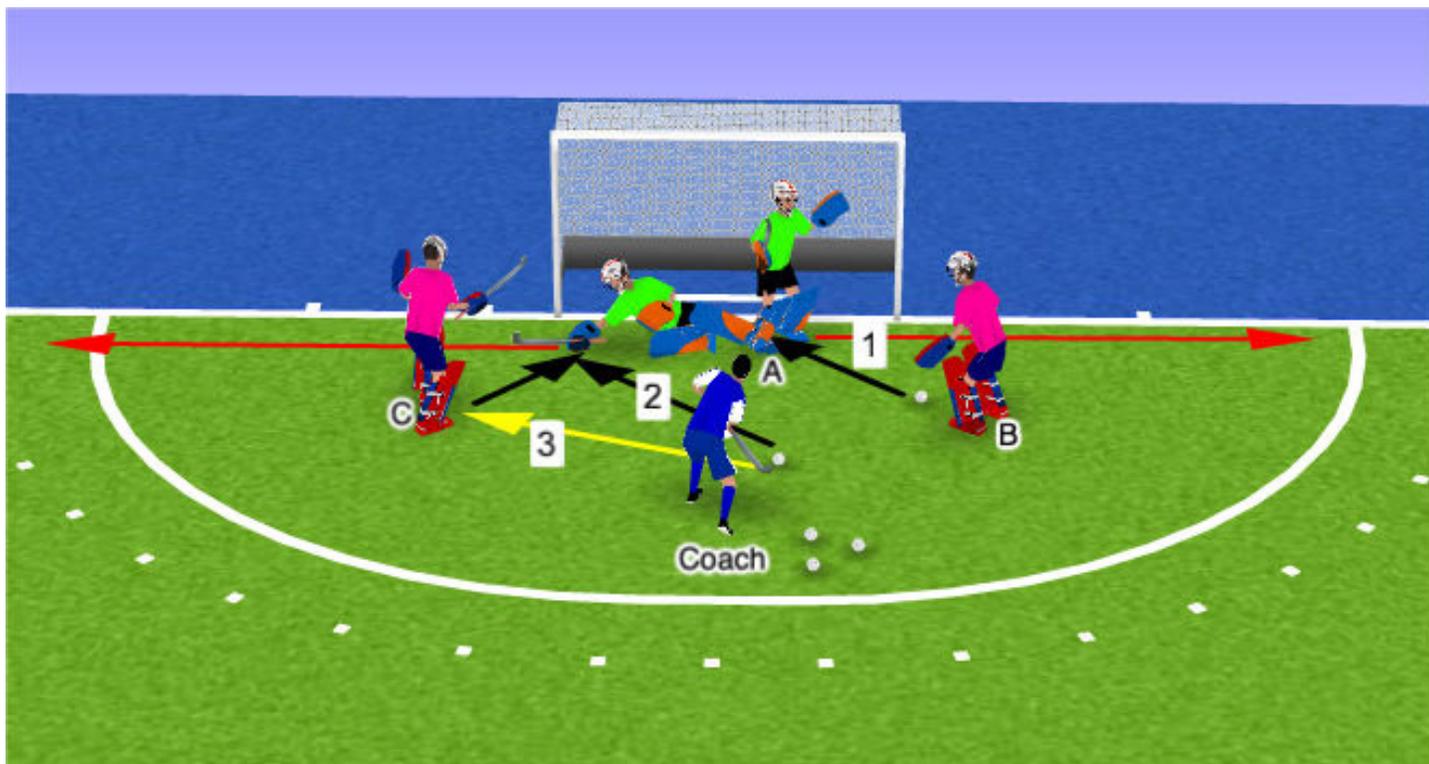
Our submitters have provided you with a starting point in regards to dimensions, rules, and numbers, but feel free to make the drills your own and make them work for your team! Consider the things your team is great at and tailor these drills to emphasize those strengths. Alternatively, think about the things your team needs to improve upon the most, and use these drills to address those weaknesses through thoughtful conditions, with individualized rules, points, timing, and dimensions.

The key above describes what each line in the graphics represents. You will also find helpful suggestions from our submitters on each page.

Enjoy this year's NFHCA Drill Booklet and happy hockey!

Something Simple

Submitted by Joppe De Vries, Bryant University



Joppe's notes: Most teams have two or three goalkeepers — I believe in having everyone involved all the time.

The foundational components are:

- SIMPLE: a simple kick, a simple glove save
- TECHNICAL: a stick or glove save, a dive, a stack, or a half-high save
- REBOUND: "game-like" action, goalkeeper is playing until the ball is out of the circle — other goalkeepers and the coach can play

Intensity: High

Numbers: Three goalkeepers is ideal, but this drill can work with 1—2 goalkeepers.

Dimensions: Coach should be positioned 1 — 2 yards behind the stroke mark.

Time: Each goalkeeper should play three balls before rotating.

Drill steps:

1. Goalkeeper B plays the ball to Goalkeeper A for a SIMPLE kick save
2. Coach plays the ball to Goalkeeper A for a TECHNICAL save (ex. dive to the far post)
3. Coach plays the ball to Goalkeeper B or Goalkeeper C, who then attempt to score on Goalkeeper A, REBOUNDS are played until a goal is scored or the ball goes out of bounds

Variations:

This drill can be modified to accommodate different angles, distances, techniques.

This drill can utilize two to three goalkeepers, Goalkeepers B and C can be replaced with field players.

Two Ball, Two Cage Drill

Submitted by Stuart Smith, Penn State University



Objective: To create an unpredictable environment where goalkeepers can work on implementing explosiveness and quick reactions to their technical saves.

Intensity: High

Numbers: Three goalkeepers are active in the drill, if you only have two goalkeepers, Goalkeeper C can be replaced with a field player.

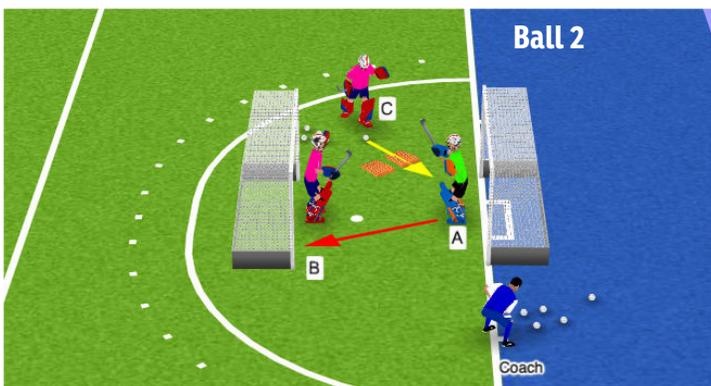
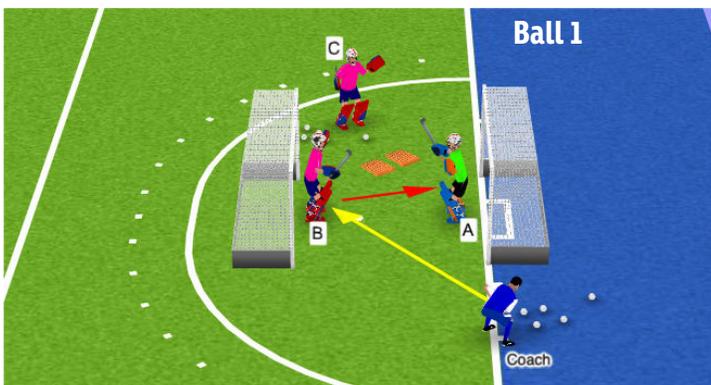
Dimensions: The second goalcage should be placed two yards behind the stroke mark (nine yards from the endline).

Two Katchets are placed side-by-side at a 45-degree angle from the main goalcage with enough separation between them to allow a ball to pass through (this creates an element of unpredictability), if you do not have a Katchet, Goalkeeper C can throw bouncy balls. Coach should be set up on the baseline at a 45-degree angle from the second cage.

Time: Three repetitions, then rotate goalkeepers.

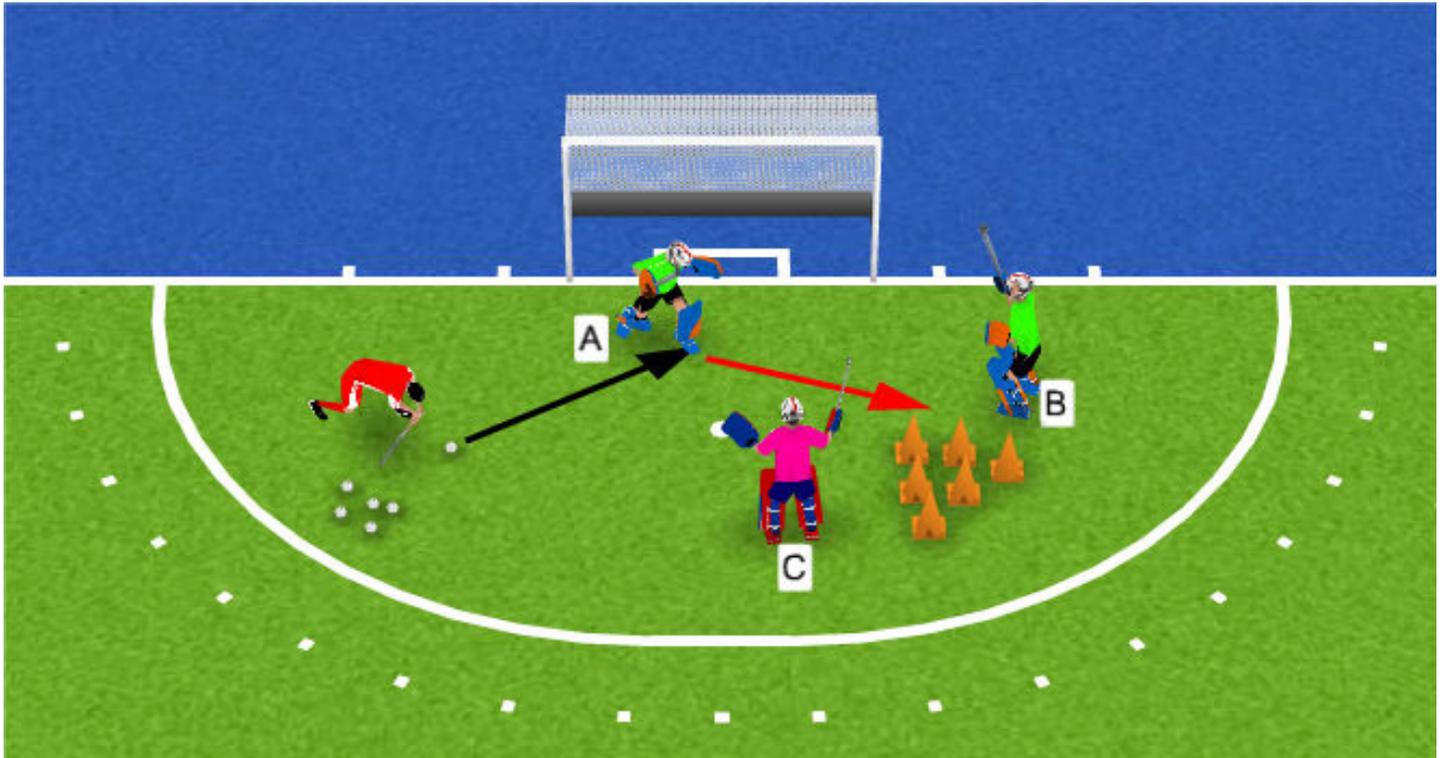
Drill steps:

1. Ball 1, coach sends a hard flat pass to Goalkeeper B
2. Goalkeeper B redirects the ball to Goalkeeper A, goalkeepers play out the rebounds until someone scores or the ball goes out-of-bounds
3. Ball 2, Goalkeeper C sends a hard clear off the Katchet toward Goalkeeper A, goalkeepers play out the rebounds until someone scores or the ball goes out-of-bounds
4. Repeat



Goalkeeper Bowling

Submitted by Cheri Schulz, University of Connecticut



Objective: The focus of this drill is on ball placement, resetting for a second shot, finishing clears, reinforcing angles, and decision-making — it addresses many technical goalkeeping skills with competition and fun.

Intensity: Moderate

Numbers: Three goalkeepers is ideal, but can be done with two or more.

Dimensions: Within the circle, the ball pile and cones can be set up at 45-degree angles, but can be adjusted at the coach's discretion.

Time: Six balls per goalkeeper before rotating.

Drill steps:

1. Coach feeds the ball to the far post and Goalkeeper A uses a J, an L, or a V-cut (see page 6) and opens their hip to clear the ball attempting to knock over the cones with one clear
2. If:
 - Goalkeeper A knocks over one or more cones, that ball is done, the fallen cones are removed, and the drill continues with the remaining balls left in the six-ball count
 - Goalkeeper A knocks over all of the cones, the drill is reset and Goalkeeper B rotates into the goalcage for their six balls
 - Goalkeeper A misses the cones altogether, Goalkeeper B or Goalkeeper C can kick the ball in an attempt to score, or can pass to one another before trying to score — this ball is played out until the ball either goes over the endline, out of the circle, a goal is scored, or more cones are knocked down
3. After all of the goalkeepers have rotated through the drill, switch sides

Cheri's notes: I recommend starting with the left side first, as goalkeepers are typically right-foot dominate. Additionally, if you are short on time, you address the side that needs the most work and you always end on the stronger leg, which allows goalkeepers to finish a drill with confidence.

J's, L's, and V-Cuts

Submitted by Cheri Schulz, University of Connecticut

What are "J's", "L's" and V-cuts?

They are the footwork goalkeepers use instead of moving in an arc, to keep their hips square to the shooter to allow maximum save-ability or to keep their body under/behind the ball to clear balls into space. "J's" and "L's" are used in smaller spaces. V-cuts are used to cover more ground in a short amount of time.

J's

If the field player is moving to the left of the goalkeeper, the goalkeeper steps in a lower case "j" motion.

First, start with feet square (J1), bring the left foot backward (J2), then turn the toe to the left at a 45-degree angle (J3), then bring the right foot to rejoin the left foot so as to square hips to the shooter (J4) or to push through to clear a ball to the opposite sideline.



L's

If the field player is moving to the right of the goalkeeper, the goalkeeper steps in a lower case "l" motion.

First, start with feet square (L1), bring the right foot backward (L2), then turn the toe to the right at a 45-degree angle (L3), then bring the left foot to rejoin the right foot so as to square hips to the shooter (L4) or to push through to clear a ball to the opposite sideline.



V-Cut

If the field player is moving or passing in a much wider space the movement is in the shape of a "V", with the depth of the "V" changing to fit the situation. Always starting with the feet square to the ball and ending that way.

Dynamic First Touch

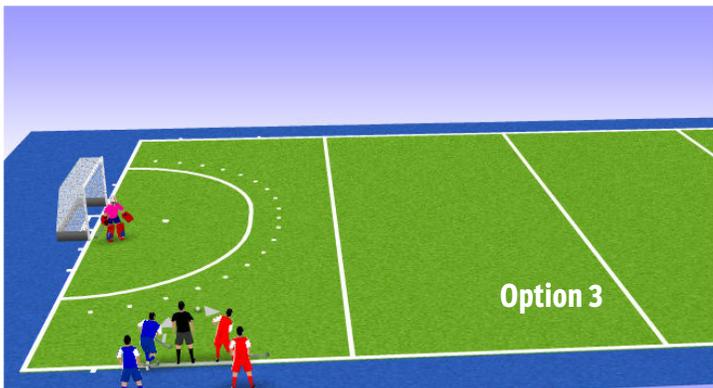
Submitted by Sandy Miller, East Stroudsburg University



Option 1



Option 2



Option 3



Option 4

This drill is all about a dynamic first touch, high intensity, quick decision-making, competition and variety!

Objective: For players to transition quickly to attack or defense (depending on who receives the ball) and to play fast.

Intensity: High

Numbers: With lots of numbers, split the drill so that you have both sides of the field going at the same time for shorter lines, with lower numbers, stick to one side of the field.

Dimensions: Players start about 35—40 yards from the endline.

Drill steps:

1. Coach throws ball in and the first player to touch the ball is on attack
2. The play is over when a goal is scored or the ball goes out of bounds

Variations:

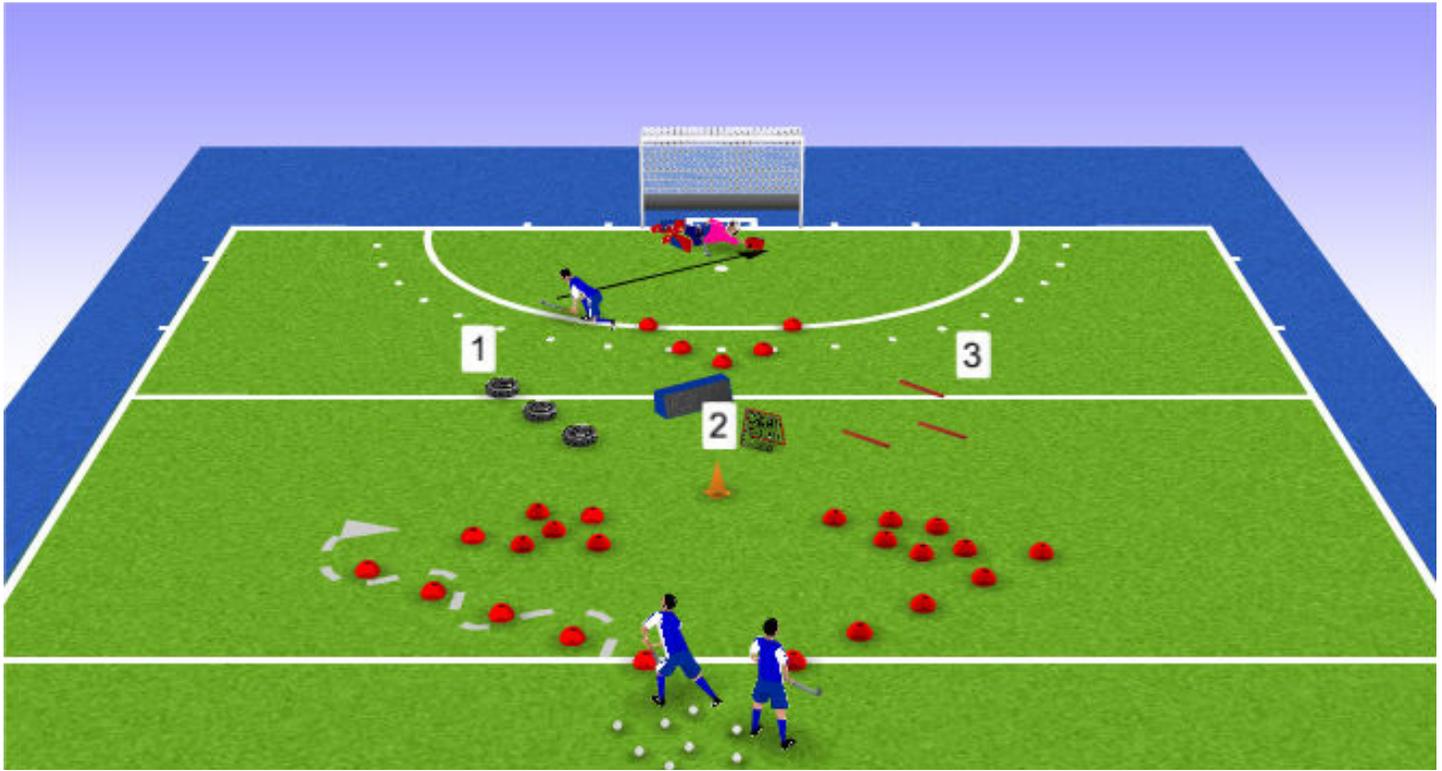
- Option 1 — 1v1, players face the endline
- Option 2 — 2v1 or 1v2, players face the endline
- Option 3 — 1v1 (add a third player to make this into a 2v1 or 1v2)
- Option 4 — 1v1, players face the coach

Time: Coach's discretion

Sandy's notes: Vary the way that you throw the ball to create different scenarios — give it right to the player, drop it at your feet, direct it to one player, throw an aerial or throw it down to the goalkeeper to keep them engaged.

Obstacle Course Dribbling Drill

Submitted by Stacey Eversley, Goucher College



This is a simple obstacle course drill that you can adjust to fit your needs and your equipment! Use whatever you have at your disposal — trashcans, tires, spare goalkeeping equipment can all make great obstacles and keep the drill fun.

Objective:	Allow your team to hone their dribbling skills by going fast through the drill or allow them to explore new skills in a playful, but competitive environment.
Intensity:	Moderate
Numbers:	Use your discretion about how many players can be going at once based on their speed and skill level and the dimensions of your space.
Dimensions:	For emphasis on fitness, you can make this drill as large as 80 yards long, for more emphasis on technique, starting on the 50-yard line is recommended.
Time:	Coach's discretion

Drill steps:

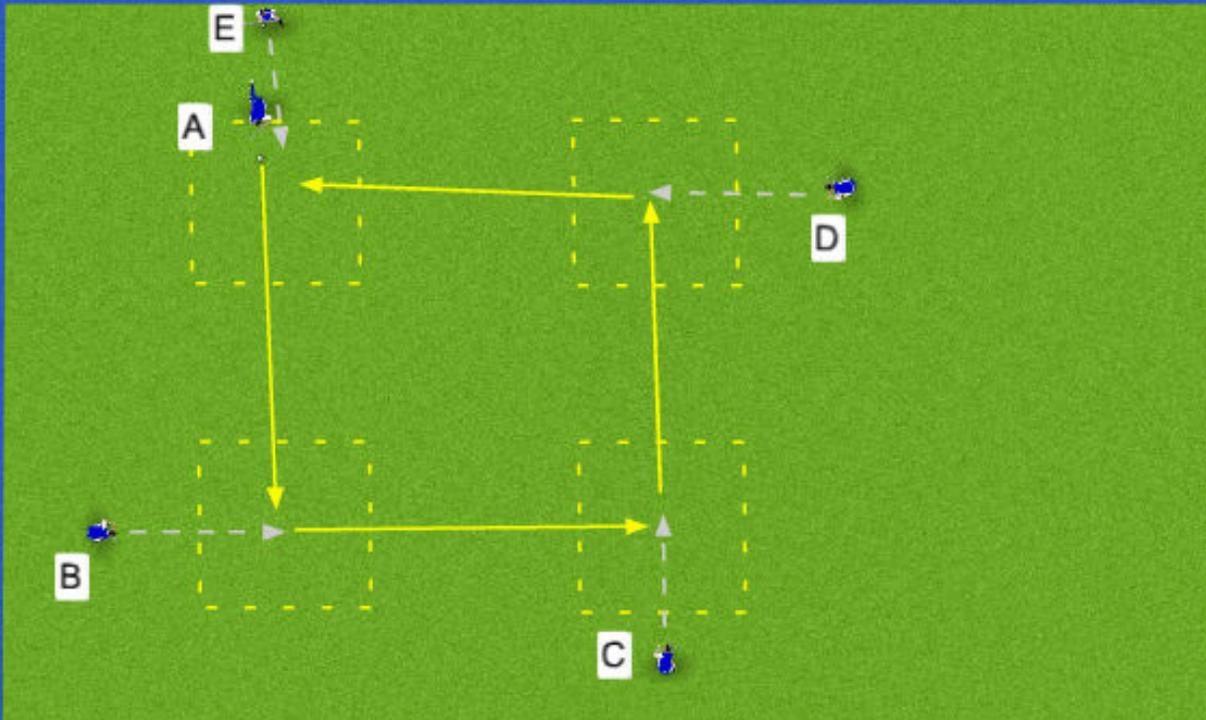
1. Player begins the course by weaving through the cone line
2. At the end of the cone line, players work their way through a mine-field of cones using lifts and small pulls
3. When the player arrives at the large orange cone, they have to choose which route they take, tires (1), rebound obstacles (2) or noodles/boards (3)
4. At the end of their chosen course, the player tracks towards the V of cones at the top of the circle, pulls the ball and shoots

Variations:

Vary the kinds of skills, shots and obstacles you lay out for your team.
 Higher level — allow two players to work through the drill as a team, using communication and passing, allow them to play out rebounds with the goalkeeper.
 Higher level — challenge your team to get a set number of shots off within a time limit.

Passing and Receiving on the Move

Submitted by Carolyn King-Robitaille, Saint Anselm College



Objective:	To give your players an environment where they can practice passing and receiving on the move while integrating different leads and passes.
Intensity:	Moderate
Numbers:	Five players per drill with several drills set up to accommodate larger groups.
Dimensions:	Create four, 5-yard x 5-yard boxes, that are 12 — 15 yards apart.
Time:	Coaches discretion

Drill steps:*

1. Player A starts with the ball and passes to the center of the box that Player B is cutting into
2. Player B receives the ball on the move and passes it to the center of the box that Player C is running into
3. Player C receives the ball on the move and passes it to the center of the box that Player D is running into
4. Player D receives the ball on the move and passes it to the center of the box that Player E is running into
5. All players follow their pass so that the drill can go on continuously

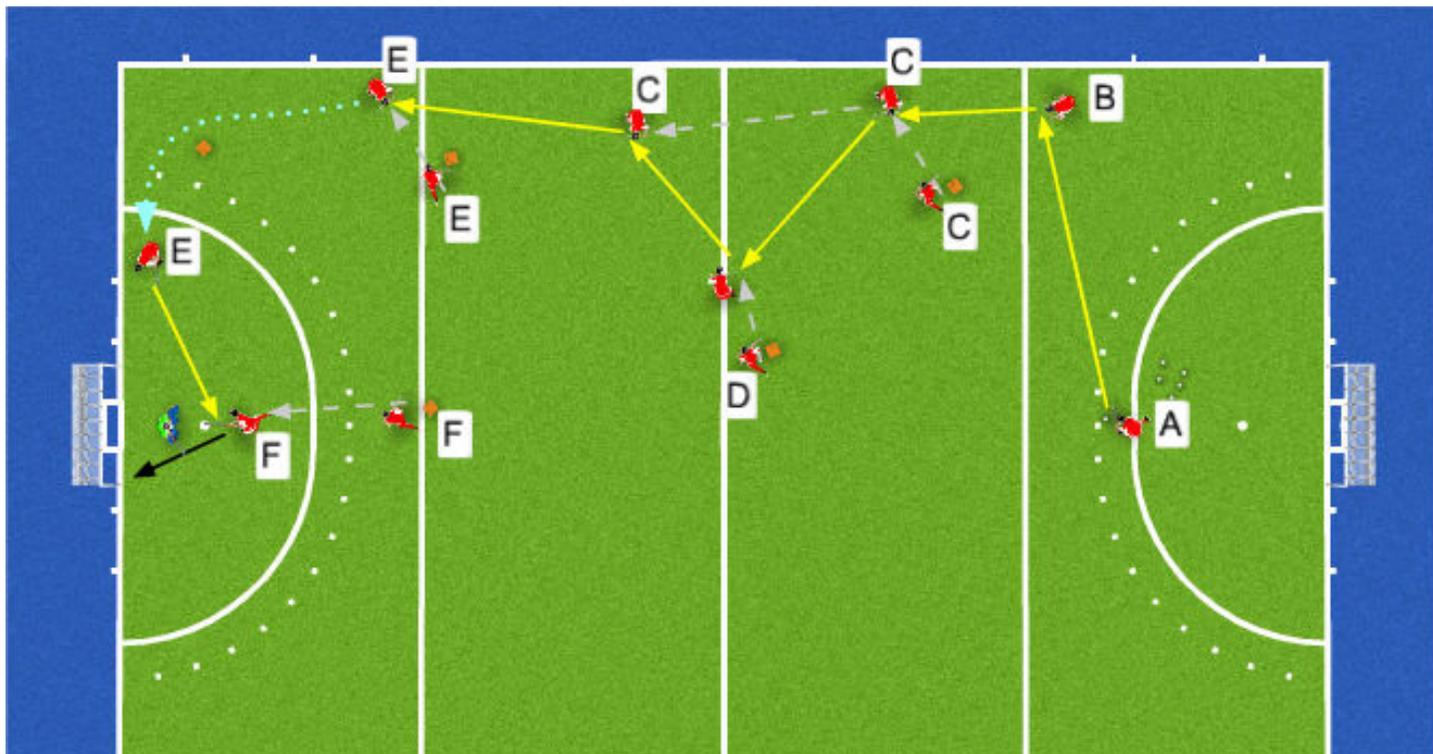
*The diagram above shows the drill with horizontal leads and a counter-clockwise pattern.

Variations:

Players should start approximately five yards outside of the box that they will receive the ball in. Change the box entry point so that players are making a vertical lead towards the pass. Change the direction to go in a clockwise pattern. You can use a variety of different receptions and passes in each variation.

Skeleton Passing

Submitted by Kelly Harchetts, Union College



Kelly's notes: Throughout this drill, encourage your players to cut to the position they will receive the ball in — a stationary reception = company from a defender.

Objective: Help players understand the basic framework that makes up your offensive ball movement.

Intensity: Moderate

Numbers: Six players are active at one time, but there should be a line of 1-3 players at the start.

Dimensions: Full field.
If you have enough players, you can set up a mirror image of this drill to play out on the other side of the field.

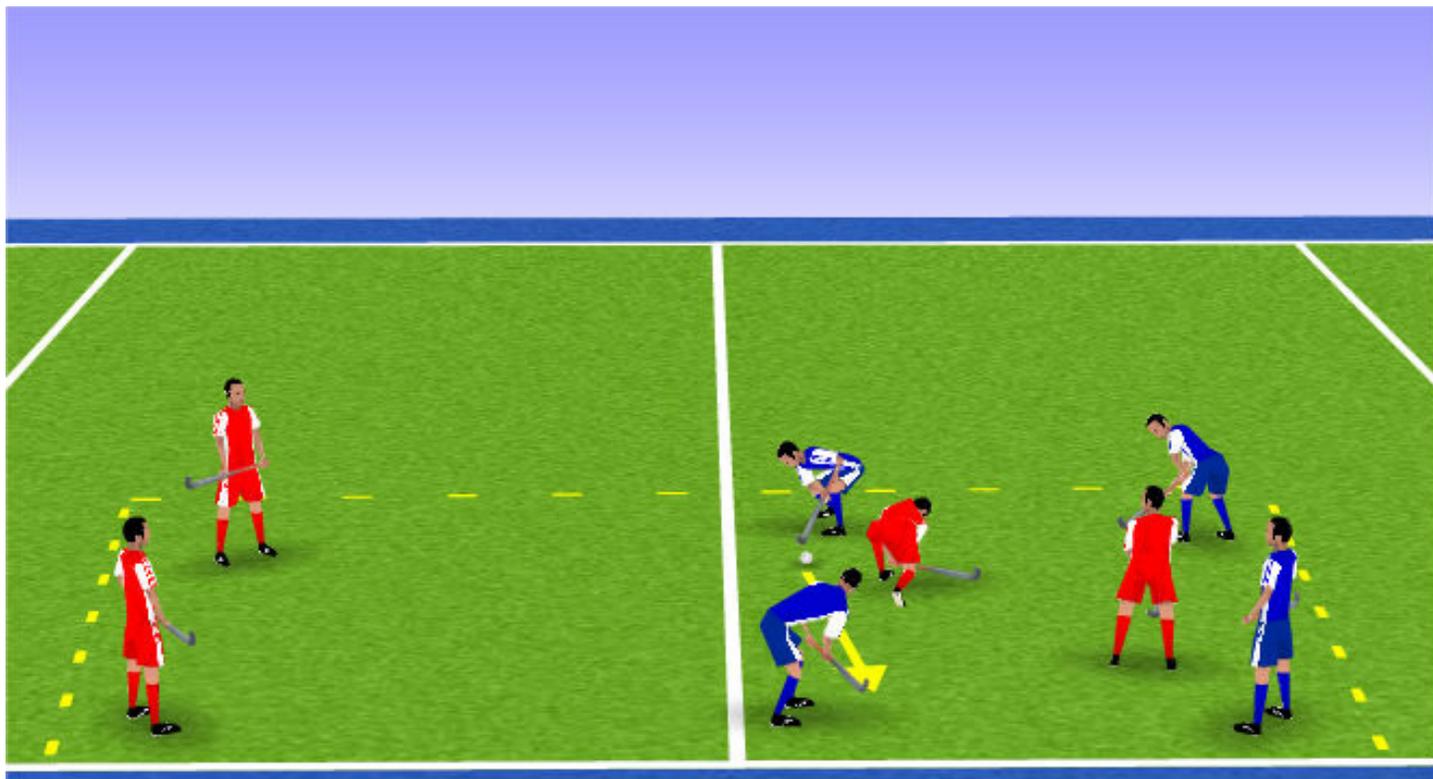
Time: Coach's discretion.

- Drill steps:**
1. Player A begins with a 16-yard hit and sends a hard, flat pass to Player B
 2. Player B sends a through ball to Player C who leads from a cone
 3. Player C plays a give-and-go with Player D who leads from a cone
 4. Player C sends a through ball to Player E who leads from a cone
 5. Player E picks up the ball and carries around a cone placed two yards off of the endline, dribbles down the endline and sends a centering pass to Player F who leads from the 25-yard line
 6. Player F shoots to score
 7. All players follow their pass, Player F will join the line at the starting pass

- Variations:**
- Higher level — put a time limit on the drill and challenge your team to score a certain number of goals in the time allotted.
 - Higher level — perform this drill as a competition, set up a mirror image of the drill on the other side of the field, start on a coach's whistle and see:
 - Which team has the most goals in three minutes (no rebounds).
 - If goalkeepers are in, compete for the most shots in three minutes.
 - Compete to see which team can get to 10 goals first.

4 v 2 Continuous Possession

Submitted by Lucas Piccioli, University of Louisville



Objective: For the team in possession to keep the ball as long as possible.

Intensity: High

Numbers: Two teams of four players each, substitutes can be used to guarantee intensity.

Dimensions: Two adjoining 10 — 15-yard squares. Dimensions can change based on skill level, bigger = more success for team in possession, smaller = more success for team pressing.

Time: Five sets of four minutes. Coaches can adjust this to their needs.

Rules: Standard field hockey rules apply.

Drill steps: This is a game where the team in possession has four players (blue) and the pressing team has two players (red). Once there is a turnover, the red team feeds the ball back to their half where all four red players work to keep possession of the ball — the blue team sends two players to pressure the ball, keeping the game “continuous.”

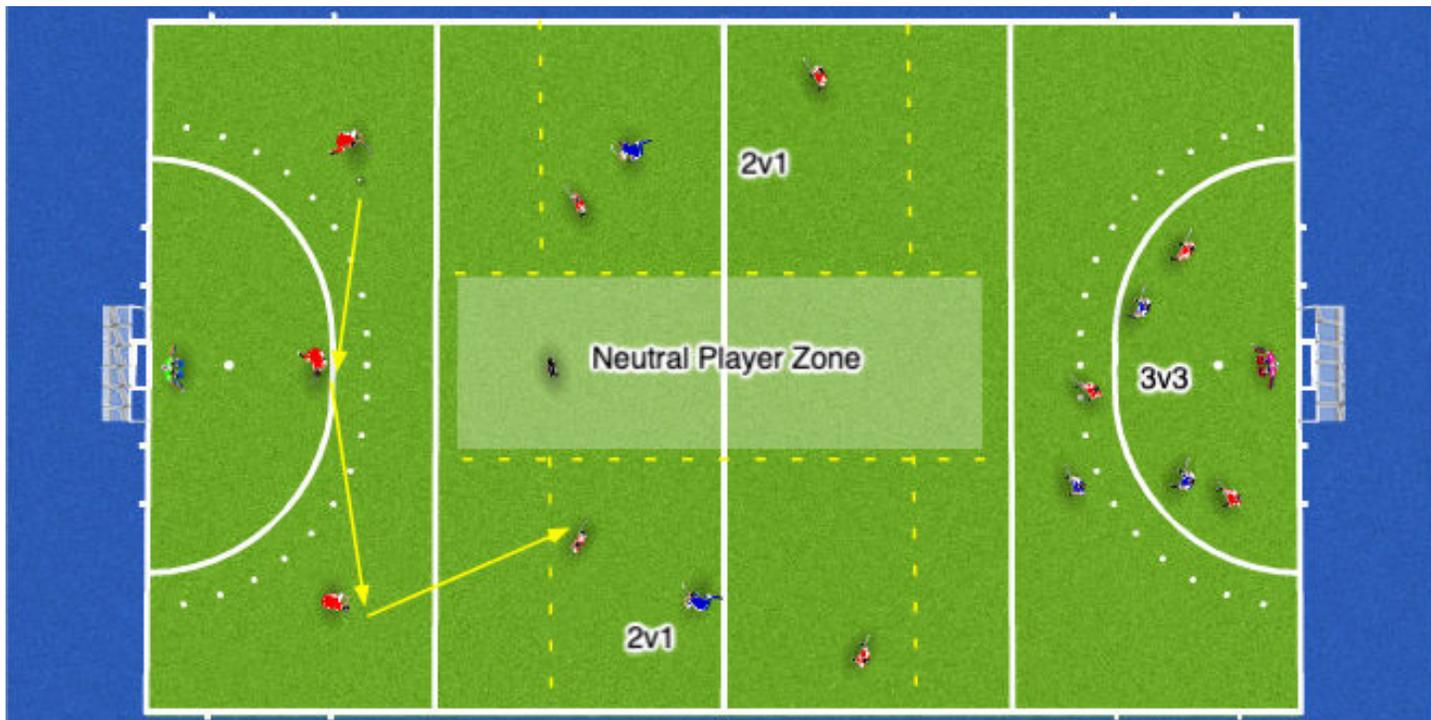
Lucas’ notes: Coaches should encourage their players to use the “pressure/cover” principle while they are on defense.

Variations: Coaches should apply conditions based on their team level. Higher level — four consecutive passes = one point.

Full Field Movement

Outletting and 2v1's

Submitted by Caitlin Dallmeyer, Lehigh University



Caitlin's notes: This drill is great for working on full-field movement and teaching your team how to be strategic with using a middle option.

Objective: For the outletting team to move the ball as quickly as possible through the midfield and into the attacking third of the field.

Intensity: Moderate

Numbers: 11 players on outletting team including a goalkeeper.
Five players on defending team to start.

Dimensions: Full field.
2v1 zones are 30 yards long.

Time: Coach's discretion.

Rules: Standard field hockey rules apply.
The attacking players (red) in the 2v1 zones are the only group that should not use the player in the Neutral Player Zone.

Drill steps:

1. The backfield begins the drill by outletting the ball
2. A sideback passes the ball to a teammate in either 2v1 zone
3. The two attacking players in the 2v1 zone work together to get the ball to their teammates in the attacking third of the field
4. Once the ball enters the attacking third, the red team's goal is to score
5. If the blue team at any point comes up with the ball they can counter attack (they may use the player in the Neutral Player Zone)

Variations:

Coaches should apply conditions based on their team level.
Higher level — add players to press against your outlet.
Higher level — add more players in the 2v1 zones (to create a 2v2 or 3v2) to add more pressure on your outletting team.

2v1 Competition Game

Submitted by Michele Madison, University of Virginia



Michele's notes: This is a team favorite — for fun, players stay on the same team for their entire career, it builds competitiveness, and teams create new names every season as new players are added. We celebrate fall season champions and spring season champions.

Objective: This drills a continuous 2v1 situation, emphasizing execution and decision-making under competitive, high-tempo conditions. Goalkeepers get lots of action.

Intensity: High

Numbers: Two teams with a minimum of 1 goalkeeper and 6 players per team, teams of 8 — 10 players is best.

Dimensions: Length is 25 yards, utilizing the sideline, endline, and 25-yard line for boundaries; width is 15 yards with two goalcages, four cones are placed 5 yards away from each goalpost to keep players waiting in line out of harm's way

Time: Seven minutes for each team on attack and defense. Coaches can reduce time with smaller numbers.

Rules: Teams can score from anywhere, no backswings, otherwise, standard field hockey rules apply.

Attack Scoring

0 points: no goal
1 point: goal
3 points: steals ball from defense and scores on counterattack

Defense Scoring

0 points: outlet not controlled
1 point: outlet to a teammate
2 points: goal from repossession and counterattack

Drill graphics created with sportsessionplanner.com

Drill steps:*

1. One team attacks (red) and one team defends (blue), (we determine who starts on which side with Rock, Paper, Scissors) — winner of rock, paper, scissors can choose to attack or defend first.
2. The attacking team lines up on either side of both cages, the defensive team lines up along each sideline
3. The attacking team starts from one end and alternates regardless of what happened the play before (keep lines even) — next attacking pair starts immediately after the play is over
4. The defense plans strategy for which side a defender enters onto the field and in what order — defender can enter from anywhere along the side line
5. Two attackers enter with the ball, one defender enters and they compete in a 2v1 until either the ball is played out-of-bounds, the ball is outletted to a defender standing on the sidelines, or a goal is scored — a sideline defender has to wait for ball to cross the sideline line to receive the ball for an outlet point, an outlet can come from a goalkeeper clear
6. Next attacking group starts from the opposite side (continue alternating which end starts with the ball)
7. If a stroke is earned, stop time and play the stroke
8. After 7 minutes, take 3 minutes to reset balls, talk strategy and switch sides

*Coaches officiate this game and a scorekeeper announces the score after each point is earned to keep the drill competitive.

3v3 in the Circle

Submitted by Valerie Clarke, Converse College



Objective:	The attacking team's objective is to score, the defending team's objective is to dispossess the attackers and clear the ball to the feeders positioned around the circle.
Intensity:	High
Numbers:	Nine players, three on each team and a goalkeeper.
Dimensions:	This drill takes place within the broken circle.
Time:	Each feeder should play two balls into the drill before rotation.
Rules:	Standard field hockey rules apply.

Drill steps:*

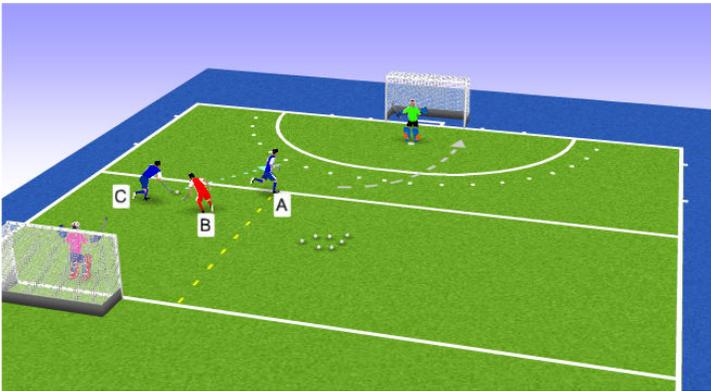
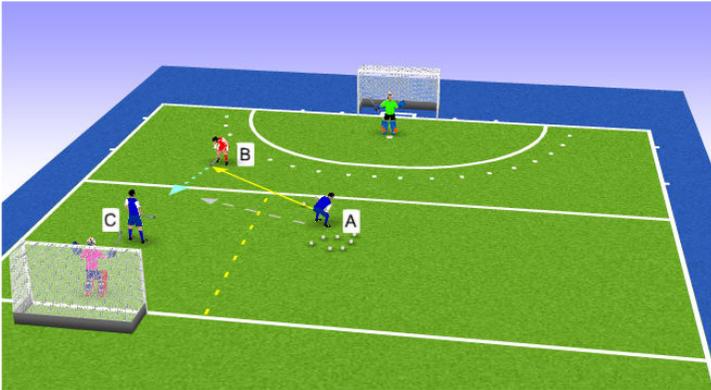
1. The drill begins with three attackers (red), three defenders (yellow) and a goalkeeper in the circle with three feeders (blue) positioned on the broken circle, each with a pile of balls
2. Attackers lead and call for the ball from the first feeder, they work together as a three-person unit to score while the defenders work to dispossess them
3. Play continues until either the attacking team scores, the defense clears the ball, or the ball goes out of bounds
4. A new ball begins from the next feeder
5. The drill should continue until each feeder has played two balls into the circle

*This drill is meant to run quickly with each new ball coming into play immediately after the previous play ends.

Variations: Coaches can add or take away constraints based on their team's skill level or the objective for the practice (giving points for winning a corner, making a two-touch rule, emphasizing cutting, or change of speed).
Higher level — for competition, have each team (red, blue, and yellow) rotate into each role (attack, defense, feeders) and keep score.

1v2 to 2v1 to Goal

Submitted by Tjerk Van Herwaarden, Harvard University



This drill works on each player's transition game, addressing how effectively they can switch from attack to defense and be productive.

Objective: In the 1v2, the focus is on communication to keep the play to a side and for players to designate who is the pressure and who is the cover. In the 2v1, the focus is to go with speed and create space with off-ball leading as well as creating goal-scoring options (far post deflections, etc.).

Intensity: Moderate

Numbers: Three players plus two goalkeepers per rotation, there should be at least two substitutes per position waiting to rotate into the drill.

If you have large numbers, you can recreate the drill on the opposite side of the field and have two drills going at once.

Dimensions: Large area is the entire field below the 25-yard line, small area is 25 yards by 20 yards.

Time: Coach's discretion.

Rules: Standard field hockey rules apply.

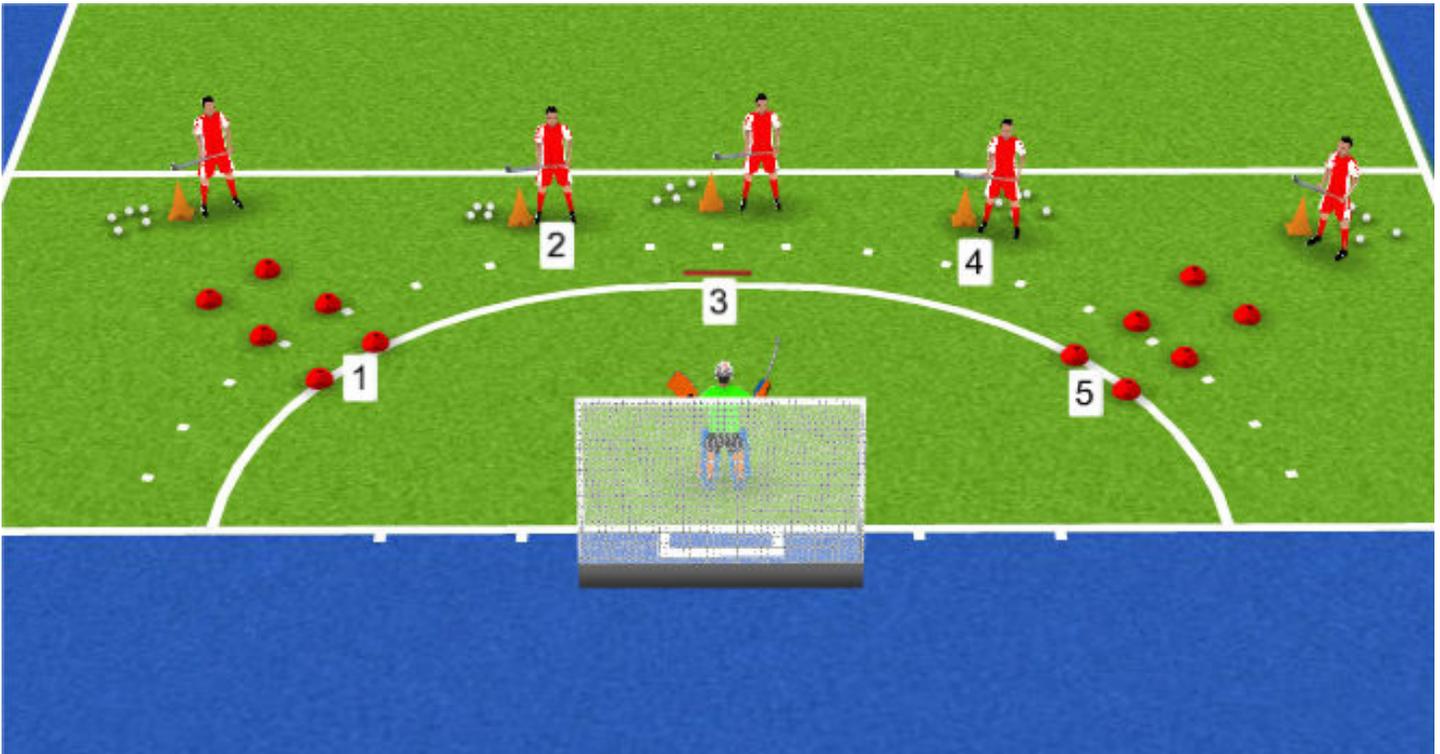
Drill steps:

1. Player A passes the ball to Player B who attempts to score within the small playing area against Player A and Player C (1v2)
2. If Player A or Player C dispossess Player B, they work together to try and score in the larger area while Player B works to get the ball back or limit their opportunities (2v1)
3. New players rotate in, repeat

Variations: Switch to the right side.
Add a player on both attack and defense for a 2v3, 3v2 variation.

Five Station Shooting

Submitted by Jenny Tafro, Ramapo College



Jenny's notes: This drill incorporates a lot of shots with a lot of variations to keep your players engaged and is great for teams with a lot of players who want to avoid long lines and "downtime." Allow this set-up serve as a foundation and make the drill your own by using different elimination skills or integrate something your team needs to work on!

Objective: Reinforce shooting at the top of the circle and instilling good shooting technique, focusing on footwork, preparation and quickness.

Intensity: Moderate

Numbers: Five players are active at one time, but there should be a line of 1-3 players at the start of each cone.

Dimensions: Space the cones evenly across the circle to give your players room to execute their skills and avoid injury. Stations two and four should have the ball starting on the broken circle.

Time: Coach's discretion

Drill steps:

1. Player pulls left at each set of cones, shoots at the top of the circle
2. Player mimics a free hit from the broken circle, shoots at the top of the circle
3. Player executes a lifted skill, shoots at the top of the circle
4. Player mimics a free hit from the broken circle, shoots at the top of the circle
5. Player pulls right at each set of cones, shoots at the top of the circle

Variations:

Lower level: give your players plenty of time in between shots to give your goalkeeper time to readjust.

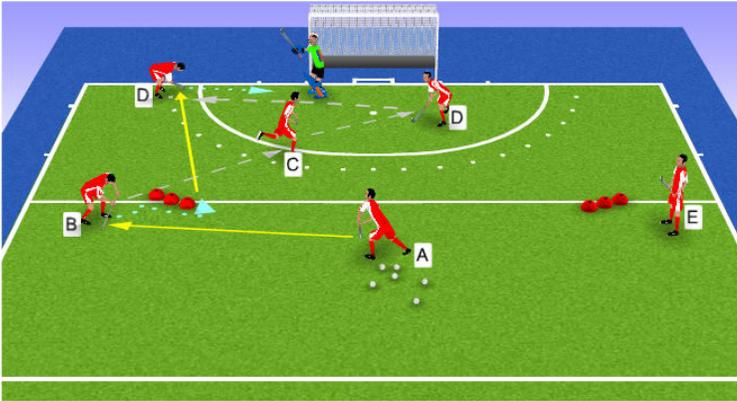
Higher level — time shots closer together to challenge your goalkeeper.

Higher level — make it a competition by challenging your team to score a set number of goals in a specific time period (protect your goalkeepers by ensuring that two shots cannot happen at once).

Higher level — add rebounding players inside the circle, allow rebounds to be played out.

Baseline Entry

Submitted by Kyle DeSandes-Moyer, Kent State University



Objective: For players carrying the ball on the baseline to be supported by several dangerous scoring options in the circle.

Intensity: Moderate

Numbers: Five players are active in the drill, but can be rotated and should have substitutes.

Dimensions: Obstacles should be placed at the 25-yard line, Player A should start at the 30-yard line.

Time: Coach's discretion.

Drill steps:

1. Player A passes the ball to Player B while Players C and D are interchanging in the circle
2. Player B dribbles through the obstacle and sends a pass to Player D on the baseline
3. Player D carries the ball and can either send a dogleg pass to Player B who has led to the top of the circle or to Player C who is at the stroke mark
4. Whichever players receives the pass, shoots the ball
5. Players C and D stay in the circle to recreate the drill from the other side, which starts with a pass from Player A to Player E

Variations: Higher level — Players C and D should be given freedom to be creative with their leads, either Player C or D can receive the ball on the baseline.

